

How do I help my child overcome homesickness?

It's oftentimes difficult for children to be away from familiar surroundings and separated from their caretakers. No parent wants to see their child upset, but most realize that with time, the majority of children adjust. Homesickness tends to decrease as children get older as they are able to process that although they miss their home, it doesn't mean they can't enjoy their time away. Children, who are experiencing homesickness, may cry, withdraw from others, not participate in activities, and have difficulty sleeping. To ensure a smooth transition, parents are encouraged to engage their children in the process of planning a stay away from home and should clearly communicate the expectations for the separation. It's recommended that parents encourage short periods of separation and independence from their caretakers. Arranging times to call home are beneficial in easing children's fears about the time apart as well as packing a favorite toy or stuffed animal.

Despite your preparation, parents should not be surprised if they receive a "rescue call" when their child wants to come home early. Parents are encouraged to not overreact and comfort their child. It's recommended that they encourage participation in activities and reinforce the things that have been fun for them. If your child's daily activities are significantly impaired as a result of their homesickness, parents are encouraged to bring them home and try again in the future. Homesickness can be difficult for parents and children alike, but with time, your children will discover what they have been missing.